

# WHAT IS BALANCED EATING?

• Carbohydrates like bread, pasta, rice, cereals, fruits, etc.

• Contains foods like whole grains, vegetables, fruits, lean proteins, etc.  
- It is available at any weight.

• **ADAPTATION** - is the process of adjusting to a new environment or situation.  
• **ACCOMMODATION** - is the process of adjusting to a new environment or situation.

• **VARIETY** - is the process of adjusting to a new environment or situation.  
• **MODERATION** - is the process of adjusting to a new environment or situation.

